



## Quiz Answer Key

1. When people have asthma, their airways can be overly sensitive to:
  - a. exercise
  - b. dust
  - c. cigarette smoke
  - d. all of the above
  
2. A person having an asthma flare-up:
  - a. may cough, wheeze, and be short of breath
  - b. can't get any air into the lungs
  - c. can stop the flare-up by avoiding triggers
  - d. often continues to have symptoms after it is over
  
3. True or false:
  - Smells from perfumes, cosmetics, cleaning solutions, paint, and gasoline can trigger asthma symptoms.  T  F
  - Exercise-induced asthma usually means the end of participating in sports.  T  F
  - Weather can trigger asthma symptoms.  T  F
  - Asthma can cause respiratory tract infections.  T  F
  - Laughing and crying can sometimes trigger an asthma flare-up.  T  F
  
4. Asthma is treated in two ways:
  - a. with antihistamines and air purifiers
  - b. by building resistance to triggers and keeping the house clean
  - c. by avoiding potential triggers and with medication
  - d. with a nebulizer or drugs
  
5. People with asthma typically need two kinds of medications:
  - a. nasal decongestants to minimize mucus and antihistamines to control allergic reactions
  - b. fast-acting medications to stop symptoms and long-term medications to prevent symptoms
  - c. pills and liquids
  - d. an expectorant for coughing and an antihistamine for allergies
  
6. It's very important to monitor asthma and prevent flare-ups. An asthma journal and peak flow meter can help.
 

A peak flow meter:

  - a. measures oxygen levels during an asthma flare-up
  - b. helps people measure their asthma medications
  - c. should not be used when a person is having symptoms
  - d. uses green, yellow, and red color-coded readings to tell people if their asthma is under control